



Westlake Girls High School

westlakegirls.school.nz

WGHS ROWING : KEY DATES & EVENTS 2018-2019 SEASON

	WHAT	WHEN	WHERE	DEPARTURE
SEPTEMBER	Summer season officially begins	Septemeber 3rd		
	Novice squad confirmed / athletes invited to join the squad	wc 27th August		
	Welcome WGHS mini regatta	Sunday Sept 2nd	Lake Pupuke	
	Novice Parent Induction evening	Thursday 6th Sept	WGHS	
	Senior 2km erg test #1	Tuesday 25th Sept	WGHS Fitness centre	
OCTOBER	School Holidays: training continues through school break	Monday 1st Oct - Friday 12th Oct		
	Spring Camp	9th - 13th of Oct	Whakamaru Christian Camp	
	WAI-TGS REGATTA	Oct 20th	Lake Pupuke	
	Labour Day - OFF	22nd October		
	Total Squad 2km erg test #2	Tuesday 30th October	WGHS Fitness centre	
	Senior Squad Lake Run Test	Wednesday 31st October	WGHS Fitness centre	
NOVEMBER	NCEA Exams start	5th November- 30th November		
	Bennet Shield	3rd November	Lake Pupuke	
	Senior Squad 5km erg test	November 27th	WGHS Fitness centre	
	Novice squad lake run test	November 27th	WGHS Fitness centre	
	Senior squad lake run test	November 28th	WGHS Fitness centre	
	NCEA Exams ends	November 30th		
DECEMBER	Karapiro Club Regatta	Friday 30th- Sunday 2nd Dec	Lake Karapiro	MEET 12:30PM WGHS WGHS 1:00PM FRIDAY 30TH
	Total Squad 2km erg test #3	Tuesday 4th December	WGHS Fitness centre	
	Senior Squad Seat Racing	Saturday December 8th	Rame Road	
	2018 School Year ends	Tuesday 11th December		
	U16 Squad Seat Racing	WENDS 12th December 5:35AM-11:30AM - All year 10 students (returning rowers)	Rame Road	
	KRI 1 : Christmas Regatta	Friday 14th Dec - Sunday 16th Dec	Lake Karapiro	ARRIVE WGHS 5:15AM DEPART WGHS 5:40AM FRIDAY 14TH DEC (DIRECT, ARRIVE BY 8:00AM)
	Program Christmas break : athletes to complete own cross training	Monday 17th Dec- Friday 4th Jan		
JANUARY	Summer training reconvenes : for athletes who have returned to Auckland - may include seat racing	Saturday 5th Jan	TBC	
	Summer Camp - compulsory for those wishing to be selected in a top crew	Tuesday 8th Jan- Sunday 13th Jan	Epworth Retreat	ARRIVE WGHS : TBC DEPART WGHS : TBC
	KRI 2 : Cambridge Town Cup (North Island Club Champs)	Friday 25th Jan- Monday 28th Jan	Lake Karapiro	ARRIVE WGHS 5:15AM DEPART WGHS 5:40AM FRIDAY 25th JAN (DIRECT, ARRIVE BY 8:00AM)
	School starts	Tuesday 29th of Jan		
	Waitangi Day : Mini training camp for all athletes 7am-2pm	Wends 6th Feb	Rame Road	
	Novice Squad Seat Racing	Saturday 2nd Feb	Rame Road	

FEBRUARY	Additional Senior Seat Racing (if required - at Head coach discretion)	Sat 9th February	Rame Road	
	Head of Harbour	Sat 16th February	Lake Pupuke	
	Total Squad 2km erg test #4	Weds 20th Feb	WGHS Fitness centre	
	KRI 3 : Jnr Regatta	23rd-24th February	Lake Karapiro	MEET 12:30PM WGHS DEPART WGHS 1:00PM FRIDAY 22nd
	Maadi crews confirmed	By Monday 26th February		
MARCH	NISS - all athletes	Thu 7th- Sunday 10th March	Lake Karapiro	MEET 12:30 WGHS DEPART WGHS 1:00PM THURSDAY 7th MARCH
	Maadi attendees evening	Monday 11th March	TBC	
	Finishing camp	Thu 14th - Sunday 17th March	K9	EXTENDED TRAINING DAYS AT RAME RD INSTEAD
	Maadi Cup (NZSS) - selected crews	Friday 22nd March-Saturday 30th March	Lake Karapiro	MEET 12:30 WGHS DEAPRT WGHS 1:00PM FRIDAY 22nd MARCH